

Learn the Risks

It's Your Child...



1. Your child only gets one body, so it is your job to teach him/her how to take care of it the best that they can
2. Trying to say NO to things like tobacco and alcohol is often difficult, especially when your child is under peer pressure "to be cool"
3. You need to teach your child to decide what is right for him/her- make sure they get ALL of the facts before they jump to a decision
4. Medications, tobacco, and alcohol are all chemicals that cause our bodies to react in different ways
5. Ask your pharmacist about the medications your child takes and what substances might interfere with them and put your child at risk for developing serious side effects
6. Talk openly with your child and give him/her time to make the decision that is right- it may very well change both of your lives



Alabama Department of Rehabilitation Services
Children's Rehabilitation Service

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